

Discover | Healthy Advantage™

April 2018



Wild Planet
Wild Sardines
Extra Virgin Olive Oil
4.4 OZ
Selected Varieties

2/\$4
SRP: \$3.29 **GF**

SARDINE TACOS

Makes 1 serving

Ingredients

- Sriracha mayo
- 3 small soft tortillas
- 1/2 cup guacamole
- 1 radish, thinly sliced
- 1 can Wild Planet Wild Sardines
- 1/2 cup chopped or shredded purple cabbage
- 1/4 cup queso fresco
- 1/4 cup chopped cilantro
- 1 fresh lime

Instructions

Spread sriracha mayo, to taste, onto each tortilla. Top with guacamole, fresh radish slices, Wild Planet Wild Sardines, purple cabbage, queso fresco, chopped cilantro and a squeeze of fresh lime juice.

Visit: www.wildplanetfoods.com/recipes-category/sardines/



Look inside for these featured brands



KEVITA.



TILLER & RYE

LOCAL GROCER

20 South Main Street • Brewer, Maine • (207) 573-4022
Open: Monday - Saturday 8am - 8pm
www.TillerAndRye.com



Peace Cereals
Organic Cereal
Purple Corn Flakes
11 OZ
Selected Varieties

\$3.49
SRP: \$5.69 **GF**



Vita Coco
Pure Coconut
Water
Pineapple
500 ML
Selected Varieties

2/\$4
SRP: \$3.19 **GF**



R.W. Knudsen
Simply
Nutritious Juice
Morning Blend
32 FL OZ
Selected Varieties

2/\$7
SRP: \$4.59 **GF**



Kettle Brand
Potato Chips
Himalayan Salt,
Cooked in 100%
Avocado Oil
4.2 OZ
Selected Varieties

2/\$5
SRP: \$3.49 **GF**



Earth Balance
Buttery Spread
Original
15 OZ

\$3.99
SRP: \$5.99 **GF**



Chobani
Non-Fat
Greek Yogurt
Plain
5.3 OZ
Selected Varieties

2/\$3
SRP: \$2.05 **GF**



Chloe's Soft Serve
Frozen Fruit Pops
Strawberry
4/2.5 FL OZ
Selected Varieties

2/\$7
SRP: \$5.29 **GF**



BioKleen
Laundry Liquid
Detergent
Citrus Essence
64 FL OZ
Selected Varieties

\$8.99
SRP: \$14.59

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Good Culture
Organic Cottage Cheese
Classic
5.3 OZ
Selected Varieties
2/\$4
SRP: \$2.89



Brew Dr.
Organic Kombucha
Clear Mind
14 FL OZ
Selected Varieties
2/\$7
SRP: \$4.25



Kevita
Organic Sparkling
Probiotic Drink
Strawberry Acai Coconut
15.2 FL OZ
Selected Varieties
2/\$5
SRP: \$3.79



Ripple Foods Pbc
Dairy-Free Milk
Original Unsweetened
48 FL OZ
Selected Varieties
\$3.99
SRP: \$6.59



Organic Valley
100% Organic
Egg Whites
Pasteurized
16 OZ
\$5.99
SRP: \$8.49



Kevita
Organic Sparkling
Probiotic Drink
Mojita Lime Mint Coconut
15.2 FL OZ
Selected Varieties
2/\$5
SRP: \$3.79



Lightlife Foods
Veggie Deli Slices
White Bean & Kale
5.5 OZ
Selected Varieties
2/\$6
SRP: \$4.39



Wildwood Natural Foods
Organic Baked Tofu
Teriyaki
6 OZ
Selected Varieties
2/\$7
SRP: \$5.29



Shelton's Poultry
Ground Turkey
Free Range
1 lb
\$4.99
SRP: \$7.39



So Delicious
Cashew Milk Frozen
Dessert
Salted Caramel Cluster
PINT
Selected Varieties
\$4.49
SRP: \$7.39



Sambazon
Organic Superfruit
Packs
Original Blend
4/100GRM
\$5.49
SRP: \$8.29



Lucky
Vegan Spring Rolls
Kimchi
8.5 OZ
Selected Varieties
\$3.99
SRP: \$5.25



Woodstock
Organic Frozen Vegetables
Petite Green Peas
10 OZ
Selected Varieties
2/\$5
SRP: \$3.49



EAT BECAUSE
WOODSTOCK
IT'S GOOD!



Woodstock
Organic Frozen Fruit
Wild Blueberries
10 OZ
Selected Varieties
\$4.99
SRP: \$6.99





Alter Eco Americas
100% Organic Quinoa
Rainbow Heirloom
12 OZ
Selected Varieties
\$5.99
SRP: \$8.79



Lundberg Family Farms
100% Organic Rice
Wild
8 OZ
\$5.49
SRP: \$10.09



Lundberg Family Farms
Organic Thai Rice
White Jasmine
8 OZ
Selected Varieties
2/\$5
SRP: \$3.59



Boxed Water Is Better
Purified Water
33.8 FL OZ
2/\$3
SRP: \$2.09



Perrier
Sparkling Natural
Mineral Water
Peach
10/250ML
Selected Varieties
\$6.99
SRP: \$10.59



Poland Spring
Natural Spring
Water
24/.5LTR
\$5.99
SRP: \$9.35



Zephyrhills Water
100% Natural
Spring Water
24/.5LTR
\$5.99
SRP: \$9.19



Sambazon
Organic Amazon
Energy Drink
Original
12 FL OZ
2/\$4
SRP: \$2.99



Chops Beef Jerky
Beef Jerky
Original
2.75 OZ
Selected Varieties
\$4.99
SRP: \$6.99



Prince Of Peace
Ginger Chews
Lemon
4.40 OZ
\$1.49
SRP: \$2.39



Prince Of Peace
Ginger Chews
Mango
3 OZ
\$1.49
SRP: \$2.39



Lundberg Family Farms
Organic Sweet
Dreams Rice Cakes
Dark Chocolate
3.2 OZ
\$2.79
SRP: \$3.99



Simply7
Organic Veggie Chips
Original
4 OZ
Selected Varieties
2/\$5
SRP: \$3.59



Lundberg Family Farms
Organic Whole Grain
Rice & Seasoning Mix
Yellow Rice
6 OZ
Selected Varieties
2/\$5
SRP: \$3.99



Tasty Bite
Heat & Eat Thai
Meal
Vegetable Curry
10 OZ
Selected Varieties
2/\$5
SRP: \$3.99



Garden of Life
Organic Coconut
Oil
Raw Extra Virgin
14 FL OZ
\$6.49
SRP: \$9.09



Montebello
Organic Olive Oil
Extra Virgin
750 ML
\$11.99
SRP: \$22.29



Pacific Natural Foods
Organic Soup
Creamy Tomato Basil
32 FL OZ
Selected Varieties
\$3.19
SRP: \$5.19



Lucini Italia
100% Organic
Pasta Sauce
Rustic Tomato
Basil
25.5 FL OZ
Selected Varieties
\$6.49
SRP: \$10.45



Montebello
Organic Pasta
Penne Rigate
1 LB
Selected Varieties
\$2.99
SRP: \$4.79



Ancient Harvest
Pow! Pasta
Green Lentil Penne
9.6 OZ
Selected Varieties
2/\$6
SRP: \$4.59

e-cloth®
perfect cleaning with just water™



E-Cloth
Window Cleaning
Cloths
2 CT
Selected Varieties

\$8.99
SRP: \$14.99



Quality Bulk

Organic Raisins
Flame
\$2.99/lb
SRP: \$4.11

100% Organic
Almonds
Raw
\$9.79/lb
SRP: \$13.50

Organic Oats
Regular Rolled
\$0.99/lb
SRP: \$1.41

100% Organic Beans
Black Turtle
\$1.29/lb
SRP: \$1.74



Earth Friendly
Eco's 2X Ultra Liquid
Laundry Detergent
Magnolia & Lilies
100 FL OZ
Selected Varieties

\$9.49
SRP: \$15.39



The Honest Company
Laundry
Detergent
Free & Clear
100 OZ



\$16.29
SRP: \$22.69



Green Forest
Bathroom Tissue
Premium Unscented
4 PK

\$1.99
SRP: \$3.05



If You Care
Coffee Filters
No. 4 Size
100 CT

\$2.99
SRP: \$4.29 **GF**



Shikai Products
Shower Gel
Coconut
12 FL OZ
Selected Varieties

\$5.99
SRP: \$9.99



Avalon
Shampoo
Nourishing Lavender
32 FL OZ
Selected Varieties

\$14.99
SRP: \$20.99



Avalon
Conditioner
Nourishing Lavender
32 FL OZ
Selected Varieties

\$14.99
SRP: \$20.99



Boiron
Arnica
Cream
Value Pack
2 CT

\$10.99
SRP: \$15.59



Chandrika
Bar Soap
Ayurvedic
2.65 OZ

99¢
SRP: \$1.49



Nature's Gate
Body Scrub
Coffee
8 FL OZ
Selected Varieties

\$4.99
SRP: \$9.09



Alba Botanica
Mineral Sunscreen
Herbal Fresh, SPF35
6 OZ
Selected Varieties

\$11.99
SRP: \$15.99



**Lifeaid Beverage
Company**
Dietary Supplement
Beverage
Recover
12 FL OZ
Selected Varieties

2/\$5
SRP: \$3.59 **GF**



Kyo-Dophilus
Digestion & Immune
Health
Restore Balance Protect
90 CAP

\$15.49
SRP: \$21.45 **GF**



Hyland's Homeopathic
Leg Cramps PM
50 TAB

\$9.99
SRP: \$13.89



Coffee Booster
Dietary
Supplement
Beverage
Collagen
8.45 FL OZ
Selected Varieties

\$22.99
SRP: \$34.29 **GF**



Good Day Chocolate
Sleep Supplement
Candy Coated
Chocolate
.99 OZ
Selected Varieties

2/\$5
SRP: \$3.39